

PHYSICAL HEALTH

building stronger, happier and healthier workforces

WEIGHT



31%

healthy weight



69%

overweight or obese



63%

aus average

WAIST CIRCUMFERENCE



27%

low risk



24%

moderate risk



49%

high risk

DAILY PHYSICAL ACTIVITY



55%

<30mins



27%

30-60mins



18%

>60mins

DAILY SEDENTARY ACTIVITY



31%

<3hrs



53%

3-6hrs



16%

>6hrs

WORKFORCE PLANNING

building stronger, happier and healthier workforces

WORK LIFE STAGE



15%

new entry



28%

mid career



29%

end career

DAILY TRAVEL TIME TO WORK



32%

<1hr



15%

1-2hrs



11%

>4hrs

PERCEIVED CAREER PATH



8%

limited opportunity



30%

moderate opportunity



41%

good prospects

COMPANY ENGAGEMENT



60%

engaged



23%

a little engaged



8%

highly engaged

MEDICAL HISTORY



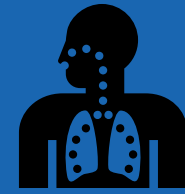
6%

have cardiovascular disease



11%

have a family history of heart disease



11%

have asthma



14%

have type 2 diabetes

GENERAL INFORMATION

55%
female

75%
workforce responded

25%
often have work-related
sleep difficulties

YOUR COMPANY SNAPSHOT

average age
average health age

37 years 45 years

285 respondents

company ethics & values

'the corporate culture of my current employer is high (clear values and business ethics)'

44%

of workers "disagree or "strongly disagree"

31%

of workers "agree or "strongly agree"



how to
IMPROVE
company culture



development of staff

transparent communication



invest in training

clear vision



smoking in the workforce

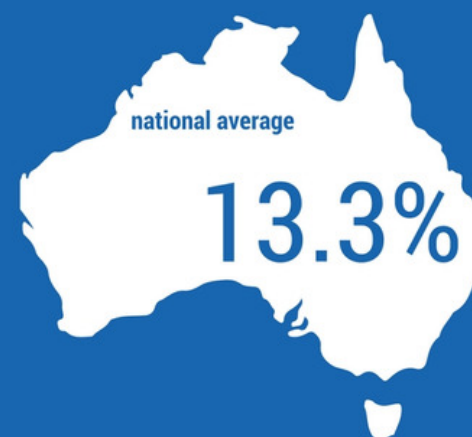
29%

non smokers

71%

smokers

cost of employees who smoke
\$5000 p/a per employee



national average

13.3%



consider running a
"quit" style education
program

quitnow.gov.au provides
flyers
posters
mobile apps

injuries & pain

'do you have any muscle, bone or joint pain or soreness that is made worse by particular types of activity?'

21%

right shoulder

9%

injury free



19%

lumbar spine

15%

right wrist

possible considerations

manual handling training



workplace task analysis

strength & conditioning



identify hazards



CARDIOVASCULAR HEALTH

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BLOOD PRESSURE



45%
low risk



30%
moderate risk



25%
high risk

BLOOD LIPIDS

58%

low risk

27%

moderate risk

15%

high risk

BLOOD GLUCOSE

38%

low risk

45%

moderate risk

17%

high risk

DAILY ALCOHOL CONSUMPTION



31%
<2 std drinks



53%
2-3 std drinks



16%
4+ std drinks

PSYCHOLOGICAL HEALTH

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DEPRESSION



60%
not at all



30%
slight to moderate



10%
severe

STRESS



68%
not at all



24%
slight to moderate



8%
severe

ANXIETY



72%
not at all



24%
slight to moderate



4%
severe

SELF PRESCRIBED MEDICATION



71%
never



26%
rarely or occasionally



3%
often



WELLNESS ASSISTANT
IMPROVING COMPANY HEALTH